

GET FIT BOERNE

April 8- 14

Monday April 8th

Camp Gladiator	5:00AM	Live Oak Shopping Center
Camp Gladiator	5:15AM	Boerne Middle School South
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	United Texas Credit Union
HIIT 45	5:45AM-6:30AM	YMCA
Camp Gladiator	6:30AM	BISD Central Office
Camp Gladiator	7:45AM	BISD Central Office
Camp Gladiator	8:00AM	Los Encinos Event Center
Trekking	8:15AM-9:00AM	YMCA

LES MILLS BODYSTEP	8:30AM-9:15AM	YMCA
LES MILLS SPRINT	9:00AM-9:30AM	YMCA
Camp Gladiator	9:00AM	Sauced Wing Bar
SILVER SNEAKER YOGA STRETCH	9:15AM-10:15AM	YMCA
Monday Morning Meditation	9:15AM	Patrick Heath Public Library
Camp Gladiator	9:15AM	Los Encinos Event Center
LES MILLS BODYPUMP	9:20AM-10:20AM	YMCA

Camp Gladiator	9:30AM	Raymond Russell Park
Camp Gladiator	9:30AM	Agricultural Heritage Museum
SILVER SNEAKER YOGA	10:20AM-11:20A	YMCA
STRETCH Rhythm and	M	YMCA
Resistance	10:30AM-11:25A	YMCA

Inflammation:What is it, its consequences 12:00PM Patrick Heath Public Library

Camp Gladiator	12:00AM-12:30PM	Agricultural Heritage Museum
LES MILLS BODYPUMP EXPRESS	12:35PM-1:20P	YMCA

LES MILLS BODYCOMBAT	4:15PM-5:00PM	YMCA
Camp Gladiator	4:30PM	Agricultural Heritage Museum
LES MILLS BODYFLOW	5:00PM-6:00PM	YMCA
LES MILLS SPRINT	5:00PM-5:30PM	YMCA

FC Thunder "Street Soccer/Skill Sessions" 5:00PM-6:00PM Boerne City Park Field 5

LES MILLS BODYPUMP	5:15PM-6:15PM	YMCA
Camp Gladiator	5:45PM	Agricultural Heritage Museum
Les Mills GRIT Series	6:00PM-6:30PM	YMCA

FC Thunder "Street Soccer/Skill Sessions" 7:30PM-8:30PM Boerne City Park Field 3

Tuesday April 9th

Camp Gladiator	4:45AM	First Baptist Church Boerne
Camp Gladiator	5:15AM	Boerne Middle School South
Fit Path All Day	5:30AM-8:30PM	YMCA
SpinPower	5:30AM-6:15AM	YMCA
Camp Gladiator	5:30AM	Messiah Lutheran Church
Camp Gladiator	6:45AM	Messiah Lutheran Church
Camp Gladiator	8:00AM	Los Encinos Event Center

It is a requirement to look at class description due to class specifications.

Seminars

Youth

Ages 7-10

GET FIT BOERNE

April 8- 14

Tuesday April 9th

LES MILLS BODYPUMP	8:15AM-9:15AM	YMCA
Les Mills GRIT Series	8:30AM-9:00AM	YMCA
Pole Walking	8:45AM-10:00AM	Kronkosky Place
Camp Gladiator	9:00AM	Tapatio Springs Resort
SILVER SNEAKERS CLASSIC	9:15AM-10:15AM	YMCA
Camp Gladiator	9:15AM	Los Encinos Event Center
POUND	9:20AM-10:15AM	YMCA
SpinPower	9:30AM-10:15AM	YMCA

LES MILLS Barre	10:20AM-11:20AM	YMCA
ZUMBA	10:30AM-11:30AM	YMCA
SILVER SNEAKERS CLASSIC	10:30AM-11:30AM	Kronkosky Place
Jump Board Interval	10:30AM-11:20AM	YMCA
Yoga	11:30AM-12:30AM	YMCA
Les Mills GRIT Series	12:35AM-1:05AM	YMCA
Intro to Yoga	2:00PM	Aerial Yoga Boerne
LES MILLS BODYCOMBAT	4:15PM-5:05PM	YMCA
Wellbeats Lower	4:30PM-5:30PM	YMCA

FC Thunder "Street Soccer/Skill Sessions" 5:00PM-6:00PM Boerne City Park Field 5

Core and More	5:15PM-6:10PM	YMCA
Camp Gladiator	5:30PM	St Elizabeth Ann Seton Catholic Church

Natural Living Workshop: Essential Oils 101 6:00PM-7:00PM Patrick Heath Public Library

Yoga-Strength	6:00PM-7:00PM	YMCA
ZUMBA TONING	6:15PM-7:15PM	YMCA
Camp Gladiator	6:15PM	First Baptist Church Boerne
Camp Gladiator	6:45PM	St Elizabeth Ann Seton Catholic Church

Meditation with Sound 7:30PM Patrick Heath Public Library

Camp Gladiator	7:30PM	First Baptist Church Boerne
----------------	--------	-----------------------------

FC Thunder "Street Soccer/Skill Sessions" 7:30PM-8:30PM Boerne City Park Field 3

Wednesday April 10th

Camp Gladiator	5:00AM	Live Oak Shopping Center
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	United Texas Credit Union
Camp Gladiator	6:30AM	BISD Central Office
Camp Gladiator	7:45AM	BISD Central Office
Trekking	8:15AM-9:00AM	YMCA
HIIT45	8:30AM-9:15AM	YMCA
SpinPower	9:00AM-9:30AM	YMCA
Camp Gladiator	9:00AM	Sauced Wing Bar
Women on Weights	9:15AM-10:15AM	YMCA
SILVER SNEAKERS CLASSIC	9:15AM-10:15AM	YMCA
LES MILLS BODYPUMP	9:20AM-10:20AM	YMCA
Camp Gladiator	9:30AM	Raymond Russell Park
Camp Gladiator	9:30AM	Agricultural Heritage Museum

It is a requirement to look at class description due to class specifications.

Seminars

Youth

Ages 7-10

GET FIT BOERNE

April 8- 14

Wednesday April 10th

SILVER SNEAKERS CIRCUIT	10:20AM-11:20AM	YMCA
ZUMBA	10:30AM-11:25AM	YMCA
Mat Pilates	11:30AM-12:30PM	YMCA
Clearing the Smoke	12:00PM	Patrick Heath Public Library
Camp Gladiator	12:00PM	Agricultural Heritage Museum
LES MILLS BODYPUMP EXPRESS	12:15PM-1:00PM	YMCA
Boerne Gymnastics Studio	3:30PM	Boerne Gymnastics Center
LES MILLS CXWORX	4:15PM-5:00PM	YMCA
For Teens! Nature Walk & Junk Journals	4:30PM	Patrick Heath Public Library
Camp Gladiator	4:30PM	Agricultural Heritage Museum
LES MILLS SPRINT	4:50PM-5:20PM	YMCA
FC Thunder "Street Soccer/Skill Sessions"	5:00PM-6:00PM	Boerne City Park Field 5
LES MILLS BODYPUMP	5:10PM-6:10PM	YMCA
Camp Gladiator	5:45PM	Agricultural Heritage Museum
Yoga	6:00PM-7:00PM	YMCA
ZUMBA STEP	6:15PM-7:15PM	YMCA
FC Thunder "Street Soccer/Skill Sessions"	7:30PM-8:30PM	Boerne City Park Field 3

Thursday April 11th

Camp Gladiator	4:45AM	First Baptist Church Boerne
Camp Gladiator	5:15AM	Boerne Middle School South
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	Messiah Lutheran Church
SpinPower	5:30AM-6:15AM	YMCA
Camp Gladiator	6:45AM	Messiah Lutheran Church
Randolph Roadrunners Volkssports Club	8:00AM	Comfort Inn & Suites-35000 IH-10 W.
Camp Gladiator	8:00AM	Los Encinos Event Center
LES MILLS BODYPUMP	8:15AM-9:15AM	YMCA
Les Mills GRIT Series	8:30AM-9:00AM	YMCA
Camp Gladiator	9:00AM	Tapatio Springs Resort
SILVER SNEAKERS CLASSIC	9:15AM-10:15AM	YMCA
Camp Gladiator	9:15AM	Los Encinos Event Center
CORE AND STEP	9:20AM-10:20AM	YMCA
SpinPower	9:30AM-10:15AM	YMCA
LES MILLS Barre	10:20AM-11:20A	YMCA
SILVER SNEAKERS CLASSIC	10:30AM-11:30A	YMCA
LES MILLS BODYFLOW	10:30AM-11:30A	YMCA
The Difficulties of Caregiving	12:00PM	Patrick Heath Public Library
	11:30AM-12:30PM	
Intro to Aerial Yoga	2:00PM	Aerial Yoga Boerne
LES MILLS BODYSTEP	4:15PM-5:00PM	YMCA
FC Thunder "Street Soccer/Skill Sessions"	5:00PM-6:00PM	Boerne City Park Field 5
Les Mills GRIT Series	5:10PM-5:40PM	YMCA
Judo	5:30PM-6:30PM	YMCA

It is a requirement to look at class description due to class specifications.

Seminars

Youth

Ages 7-10

GET FIT BOERNE

April 8- 14

Thursday April 11th

Camp Gladiator	5:30PM	St Elizabeth Ann Seton Catholic Church
Yoga-Flow	6:00PM-7:00PM	YMCA
Camp Gladiator	6:15PM	First Baptist Church Boerne

Camp Gladiator	6:45PM	St Elizabeth Ann Seton Catholic Church
Camp Gladiator	7:30PM	First Baptist Church Boerne

FC Thunder "Street Soccer/Skill Sessions"	7:30PM-8:30PM	Boerne City Park Field 3
---	---------------	--------------------------

Friday April 12th

Camp Gladiator	5:00AM	Live Oak Shopping Center
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	United Texas Credit Union
LES MILLS BODY COMBAT	8:15AM-9:15AM	YMCA
Running Group	9:00AM-10:00AM	YMCA
LES MILLS SPRINT	9:00AM-9:30AM	YMCA
Camp Gladiator	9:00AM	Sauced Wing Bar
SILVER SNEAKER YOGA STRETCH	9:15AM-10:15AM	YMCA
Women on Weights	9:15AM-10:15AM	YMCA
LES MILLS BODYPUMP	9:20AM-10:20AM	YMCA

Camp Gladiator	9:30AM	Raymond Russell Park
Camp Gladiator	9:30AM	Agricultural Heritage Museum
LES MILLS CXWORX	10:30AM-11:00AM	YMCA
ZUMBA	10:30AM-11:30AM	YMCA
Yoga	11:30AM-12:30AM	YMCA
Currey Creek Trailhead Walk	12:00PM-2:00PM	Currey Creek Trail

Know Your Numbers!	12:00PM	Patrick Heath Public Library
--------------------	---------	------------------------------

LES MILLS BODYPUMP EXPRESS	12:35PM-1:20PM	YMCA
LES MILLS BODY COMBAT	4:30PM-5:30	YMCA
Stand up Paddle Board	5:00PM-6:00PM	Boerne City Lake

Saturday April 13th

Fit Path All Day	5:30AM-6:30PM	YMCA
Specialized Fitness/Bootcamp	8:00AM	Specialized Fitness
LES MILLS SPRINT	8:30AM-9:00AM	YMCA
LES MILLS BODYPUMP	8:45AM-9:45	YMCA
Les Mills GRIT Series	9:00AM-9:30AM	YMCA
Les Mills Barre/Bodyflow Combo	9:45AM-10:45AM	YMCA
LES MILLS BODYCOMBAT	10:00AM-10:55AM	YMCA
ZUMBA	11:00AM-12:00PM	YMCA
Aqua Swift Adult Swim	12:30PM-1:30PM	Boerne City Park Pool

All Things KETO!	2:00PM	Patrick Heath Public Library
------------------	--------	------------------------------

Sunday April 14th

Fit Path All Day	10:15AM-4:00PM	YMCA
LES MILLS BODYPUMP	1:00PM-2:00PM	YMCA
LES MILLS BODYFLOW	2:00PM-2:30PM	YMCA
Yoga	2:45PM-3:45PM	YMCA

It is a requirement to look at class description due to class specifications.

Seminars

Youth

Ages 7-10